Rehabilitation

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08389
FISIOTEK HP

Shoulder CPM device. Restoration of range of motion (R.O.M.) in patients with pathologies both surgically treated (synovectomy, arthroscopic surgery for calcific tendonitis, acromioplasty, tenotomy, etc.) and non-surgically treated (brachial plexus lesions, humerus fractures, tendinopathies, arthritis, etc.).

Technical Specifications: Analog keyboard, with LED indicators; microprocessor controlled electronic card; max. speed 3.4°/sec; min. speed 0.11°/sec. 220V 50 Hz – 77 kg

08391
WRIST-ELBOW KIT

Set of accessories for **wrist** and **elbow** rehabilitation.
Can be used with model Fisiotek HP code 08389.

08389	Movement	Available Range	Patient Position
Shoulder	Elevation	5° - 0 - 180°	Seated – Supine - Prone
	Adduction – abduction	35° - 150°	Seated
	Rotation	30°- 0 - 85° / 90° - 0 - 25°	Supine
08391	**Movement**	**Available Range**	**Patient Position**
Elbow	Flexo-extension	0 - 150°	Seated - supine
	Prono-supination	90° - 0 - 90°	Seated - supine
Wrist	Flexo-extension	80° - 0 - 80°	Seated - supine
	Radial and ulnar deviation	20° - 0 - 30°	Seated - supine

Arm support for performing the internal / external rotation movement (supplied)

Elevation + abduction

01390

FISIOTEK LT

CPM device, for left and right **shoulder** treatment.
It consists of a base fitted on 4 swivel casters with brake and is height-adjustable.
The movements allowed are: **elevation + flexion** with patient sitting or supine, 0°÷180°; **elevation + abduction**, full physiological range, with patient sitting; **internal/external rotation**, with patient sitting or supine, 90°÷0°÷90°.
Easy to move and handle, suitable for home use.
Classification according to Directive 93/42/EEC: class IIa.
220 V 50 Hz - kg 20

Elevation + flexion

A direct-current motor, controlled by a microprocessor electronic board, operates the other Fisiotek 2000 units. All functions can be programmed by using the on-board control panel. START and STOP keys are also available on a hand-held control, so that patients can start and stop movement if needed.
The unit can be adjusted to fit the patient according to the limb length, as measured from the greater trochanter to the malleolus.

Technical data:

Power supply: 85 – 260V – 50 ÷ 60 Hz
Electrical safety:
Class I B EN 60601- 1 Standard
Electromagnetic compatibility:
Group 1 Class B EN 60601 –1 - 2 Standard
Classification:
according to 93/42/EEC Directive
Class IIa
Weight: 14 Kg

Knee

Hip

Ankle

08390 FISIOTEK 2000N

This device allows the **knee** and **hip** to be mobilized through flexo-extension movements. It can accommodate limbs that are 72 - 100 cm long, which is equivalent to a patient's height of about 150-200 cm, respectively.

Programmable functions:
knee flexion-extension range from 0° to 110°;
speed from 0.8 to 4.6°/ sec;
force 0-40 Kg;
session time;
pause during flexion.

01838 FISIOTEK 2000E

This device allows the **knee** and **hip** to be mobilized through flexo-extension movements.
It can accommodate limbs with a femural lenght of 32-46 cm, which is equivalent to a patient's height of about 140-190 cm, respectively.

Programmable functions:
knee flexion-extension range from -5° to 110°;
speed from 1.5 to 3.5°/ sec;
force 0-40 Kg; session time;
pause during flexion.

01931 FISIOTEK 2000GS

This device allows the **knee** and **hip** to be mobilized through flexo-extension movements.
This device can accommodate imbs that are 32-46 cm long, which is equivalent to a patient's height of about 140-190 cm, respectively.

Programmable functions:
knee flexo-extension range from -5° to 110°; flexion speed from 1.5 to 3.5°/ sec;
force 0-40 Kg; session time;
pause during flexion/extension.
Automatic extension and flexion angle increase.
Warm-up cycles.

08395 FISIOTEK 2000T

This device allows the **knee**, **hip** and **ankle** to be mobilized through flexo-extension movements. It can accommodate limbs with a femural lenght of 72 - 100 cm, which is equivalent to a patient's height of about 140-195 cm, respectively.

Programmable functions:
knee flexion-extension range from 0° to 110°;
ankle dorsi-plantar flexion range 20° ÷ 0° ÷ 40°;
extension speed from 1.5 to 3.5°/ sec;
flexion speed from 1.5 to 3.5°/ sec;
force 0-40 Kg; session time;
automatic extension angle increase;
automatic flexion angle increase;
pause during extension;
pause during flexion.

ACCESSORIES

01840 ARTI 72
This accessory can only be mounted on models 2000T and 2000N. Rehabilitation exercises are possible for 61 – 72 cm long limbs with a 0° - 110° range . The same accessory makes it possible to reach 135° flexion on a 72 -100 cm long limb.

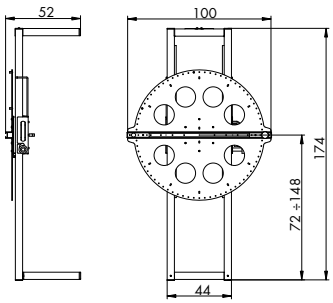
01841 FISIOTEK TROLLEY
Simple and functional, fitted with non-slip supports for Fisiotek and a service shelf.

ACCESSORIES

AC0008
SET OF ACCESSORIES
Includes: 1 handle, 1 knob, 1 forearm support, 1 counterweight, 1 elbow rest, 1 front grip handle.

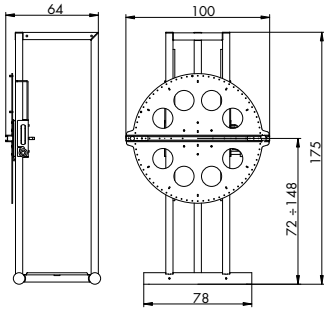
01347 WALL-MOUNTED "ROTA"

It is a device for performing maintenance exercises for the shoulder and elbow in the event of fracture outcomes, less serious impingement syndromes and rigidity caused by arthrosis. It consists of a wall-mounted metal frame featuring a height-adjustable wheel depending on the patient's size or the exercise to perform. The device **is fitted with a handle and knob** that allow a wider range of exercises compared to the "Lapidari's wheel" from which it derives. Patients can work both sitting and standing, start their active exercises in free mode and then, by means of a clutch, gradually apply a greater resistance.
Using this instrument enables the therapist to avoid the most repetitive work while the cooperative patient performs the activity in total safety. The "Rota" comes complete with a manual and videotape that show a series of exercises.
A set of accessories can be ordered (code AC0008 Set of Accessories) to increase the variety of exercises offered by this aid.



01348 MOVABLE "ROTA"

This device is for shoulder and elbow rehabilitation in cases of stiffness, impingement syndrome and pre- and post-surgery treatment. It has a metal frame and a height-adjustable wheel to suit the patient's size or the exercise to perform. It can be easily moved by an operator. **It comes complete with a set of accessories**, including: a handle, a knob, a forearm support, a counterweight, an elbow rest and a front grip handle (code AC0008).
Mainly used to perform active exercises, it can also be used to do passive/self-passive mobilization and proprioceptive exercises. Patients can start their active exercises in free mode and then, by means of a clutch, gradually apply a greater resistance.
Using this instrument enables the therapist to avoid the most repetitive work: the physiotherapist programs the sequence and intensity of the exercises, while the patient can check the range of motion reached at each repetition and is therefore motivated to work harder. The range of motion recovery can be monitored with a quick and extremely reliable assessment by comparing the previous and subsequent results.
The "Rota" comes complete with a manual and videotape that show a series of exercises.



Transferring the Movable Rota

Examples *of Use*

"Arm cycling" exercise

This exercise is still effective because it stimulates the whole kinetic chain, spontaneously combines external rotation and abduction movements and, finally, it is performed with minimal learning effort by the patient.

Let's think of having the wheel in front of us, with the patient standing on our left side.
The patient moves the wheel clockwise with their left upper arm.

Source: excerpt from "Rota" user manual

1 When the handle reaches the top of the wheel, the shoulder reaches its maximum abduction: therefore, the previous phase consists in the "**shoulder abduction**" (north-west quadrant).
2 Continuing to rotate the handle from the top of the wheel, the handle arrives to its farthest point from the user; the shoulder bends forward and the elbow extends. This quarter of rotation corresponds to the "**elbow extension**" (north-east quadrant).

3 From the maximum distance point, the handle arrives to the lowest point of the wheel; the elbow starts to bend while the shoulder decreases its flexion; this is the phase of "**elbow flexion**" (south-east quadrant).
4 From the lowest point of the wheel, the handle arrives to the nearest distance to the user; the elbow starts to bend even more while the shoulder extends or at least comes close to an extension movement; this is the phase of "**shoulder extension**" (south-west quadrant).

The "draining rack" exercise

It combines external rotation and abduction to variable degrees. Passive exercises: they can replace the electric mobilizer in post-surgery treatment. Active exercises: help strengthen the external rotator during an abduction movement with minimum stimulation of the deltoid muscle.

These pictures refer to the movable version of the "Rota"

Message to anyone concerned:

The movable "Rota" facilitates the most up-to-date rehabilitation methods: it allows the physiotherapist to teach how to stabilize the scapulothoracic joint during the active movement of the gleno-humeral joint, which is guided by the device; it allows activating the whole kinetic chain while standing; it assists in performing proprioceptive exercises; it allows the extrarotators to be exercised during an abduction movement that is achieved almost without involving the deltoid muscle, thus avoiding non functional positions.

CHINESPORT Cultura Libreria & Videoteca

01447.DVD
"ROTA" VIDEO

This videotape describes a range of exercises for use with the "Rota". Italian – English edition.

01448
"ROTA" GUIDE

This manual explains how to use the device through a set of exercises. Italian – English edition.

Upper left limb rehabilitation

Knee rehabilitation from prone position

Lower limb Rehabilitation

07465 LIMBS REHAB

Multi-function rehabilitation chair for the lower and upper limbs and muscle exercises. The swinging arm can be used from both sides. Resistance is achieved by applying 5 weights of 1 kg each (provided). It is possible to adjust the degree of resistance, exclude a movement and select each segment to be exercised. The 90° backrest can be positioned horizontally by means of servo-assisted gas spring with mechanical stop to allow for exercising the limb from a prone position. The legs can be secured with a practical, adjustable padded roll system, while the feet can be secured with an adjustable length strap and fastening clips.

07466 ARM

Additional support if both limbs are used (R - L).

07415 POLIERCOLINA

Double wall pulley system with 1 central wooden wall-bar suitable for rehabilitation therapy, even for wheelchair-bound patients. Adjustable working load with weights from 1 kg up to 20 kg.
Painted steel frame, height-adjustable pulleys on the whole length, sliding along chromium-plated rods.
Dimensions: 122 x 33 x 220 h cm

07405 ERCOLINA SINGLE

Single wall pulley system, suitable for rehabilitation therapy, even for wheelchair-bound patients.
Adjustable working load with weights from 1 kg up to 10 kg.
Painted steel frame, height-adjustable pulley on the whole length, sliding along chromium-plated rod.
Dimensions: 25 x 33 x 220 h cm

ACCESSORIES

04840
GINNY BENCH
Bench, incline backrest, painted steel frame, padded surface, washable synthetic leather. It can be easily disassembled.

04720
ABDOMINAL BOARD
Abdominal exercise board with steel frame, padded surface, washable synthetic leather. It can be attached to the wall bars. Neck pad and adjustable foot roller.

Pulley Therapy

08350 GUTHRIE & SMITH

Treatment table for pulley therapy. Painted steel structure, consisting of three removable elements (Guthrie Smith frames) with grids. Table board with tilt-adjustable head and two separate sections.
High-density foam padding, washable synthetic leather cover.
Dimensions: 208 x 80 x 72 / 216 h cm

07910 SUSPENSION FRAME

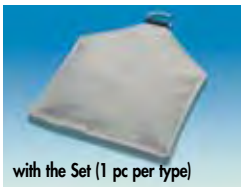
Painted steel frame with grid, can be attached to the wall bars.
It is useful in cervical traction and pulley therapy.
Dimensions: 78 x 69 x 51 h cm

07955 PULLEYCAR

Trolley (**empty**) to store the pulley therapy set of items. Epoxy powder coated steel frame mounted on four swivel casters. Two shelves with raised edges and three pegs for hanging the bags of the pulley therapy set.
Dimensions: 62 x 45 x 95 h cm

AC0070 PULLEY THERAPY SET

This set includes all the items pictured below, in the exact quantity as specified. N.B. The number of pieces specified in the picture corresponds to the quantity sold only with the Pulley Therapy Set code AC0070.



08035 0,5 KG BAG
08045 1 KG BAG
08055 2 KG BAG
08065 3 KG BAG
08075 4 KG BAG
08085 5 KG BAG

AC0055 ARM STRAP

AC0056 LEG STRAP

AC0057 THIGH SUPPORT

AC0058 HEEL SUPPORT

AC0059 ANKLE SUPPORT

AC0060 WRIST SUPPORT

07930 HANDLE

07970 HANDLE WITH RINGS

07980 NYLON CORD

07940 SNAP HOOK

07920 S-SHAPED HOOK

07990 CLEAT

07950 PULLEY

The code in the picture caption is for ordering 1 piece per type.

R.I.C. *Continued Intensive Rehabilitation*

This rehabilitation program makes the most of the natural physiological resources of the human body through intense stimulation and strong motivations.
The R.I.C. rehabilitation has been designed for the motor recovery and functional recuperation in spinal cord injury patients through an innovative motor rehabilitation method that is intensive, continued and personalized.

Suitable for R.I.C. Rehabilitation

MetodicaRIC
Riabilitazione Intensa Continua

RIC0100.01

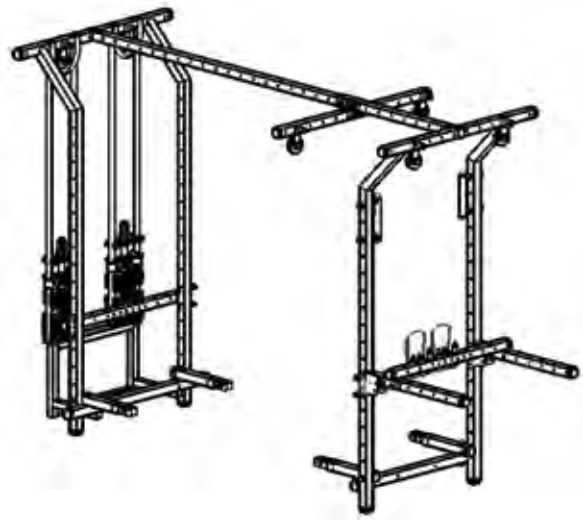
R.I.C. BASIC FRAME

Motor rehabilitation station for a wide range of active exercises in various postures, also with the addition of weights and counterweights, to stimulate muscle recruitment and strengthening, balance, coordination and proprioception. In particular, the exercises can also be performed while lying supine, prone, on the side, or in a sitting position, on all fours, or standing upright.
The areas to be treated can also be positioned in axial suspension to help move them and achieve the widest possible joint ROM. Finally, each exercise can be performed with different, personalized ranges of motion.
The frame is versatile, as the range of possible exercises would normally require to use various equipment and consequently to move the patient. The therapist's job is generally made easier.
Dimensions 298 x 121 x 225 h cm

TO ORDER:
the basic frame must be ordered along with a special treatment table type Bobath and can be used in combination with a standing frame (code AC 0100.01).
The station is provided with a series of basic elements and can be expanded with accessories.

Standard configuration included dotazione

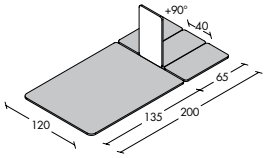
Adjustable bar	2 pcs	120 cm Chain kit	2 pcs
Movable crosspiece (for sides)	2 pcs	Bar with R.I.C. hook	1 pc
Swivel pulley	6 pcs	Set of leather items	1 pc
Bobath feet-side fitting	2 pcs	Pulley therapy handle	2 pcs
Bobath head-side fitting	2 pcs	Pillow code 09600	2 pcs
Upper longitudinal member	1 pc	Pillow code 09620	1 pc
Structure frame	2 pcs	Pillow code 11250	1 pc
Movable upper crosspiece	1 pc	Quick release pins	20 pcs
Loading cells unit	1 pc	Quick release pins for chains	4 pcs
Articulated footplate	2 pcs	S-shaped hook	10 pcs
R.I.C. handle	2 pcs	Snap hooks	10 pcs
40 cm Chain kit	3 pcs	"Alboland" transfer straps	2 pcs



LB432A2.W BOBATH S RIC120

Treatment table, with electrically adjustable height by means of a low voltage (24 V) **foot switch**. **Sections width 120 cm**. The head section has three segments, the middle of which can be tilted up to 90 degrees, gas-spring assisted. A series of accessories are available for use with the table, particularly to better restrain the patient while performing the exercises. Possibility of choosing the upholstery among 20 colors.

Safety load 250 kg



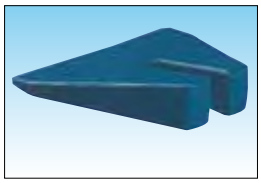
ACCESSORIES SPECIFIC TO BOBATH S RIC 120 TABLE

AC0009 STRAP BARS

Set of 4 bars for attaching the restraining/safety straps code AC0015

AC0015 FASTENING STRAP

This is a 240 cm long strap that can be used with the Bobath RIC 120 to the purpose of securing and/or restraining the patient while performing the exercises.

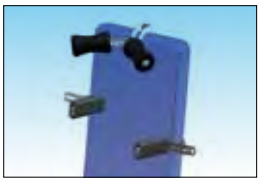


AC0025 FACE DOWN PILLOW

Used on treatment tables not provided with a breathing hole.

AC0039 ADDITIONAL HAND CONTROL FOR 1 MOTOR

Control for adjusting the height on both sides.



AC0042 HEAD / TRUNK SUPPORT

To be fitted on the adjustable headrest of the Bobath RIC 120 table.
Helps restrain and support the patient when in seated position.

UPHOLSTERY

A 8 4 B D Z F 9 H S T 6 R 1 2 3 L 7 M P

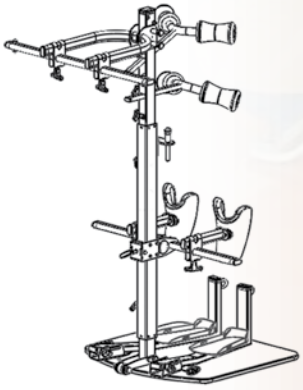
The upholstery is made of Class 1IM flame retardant quality synthetic leather, durable and resistant to disinfectants. SANITIZED treatment, anti-bacterial and anti-mite, for long-lasting hygiene and freshness. **Important: when placing an order, please specify the code for the chosen upholstery**

AC0100.01 R.I.C. STANDING FRAME

With this standing frame the patient can reach the upright position aided by the therapist. This equipment was conceived for use in combination with the basic frame code RIC 0100.01, thus widening the range of possible exercises in this posture too. It is provided with a series of supports so the patient can maintain an erect posture, with support elements for the arms and restraints for the pelvis and trunk, to be used on a case by case basis. A further upper support for the arms is also available for order under accessory code AC0119.
The footboard features a special foot restraint system that allows moving each foot forwards and sideways independently and according to the exercise to be performed. This device can also be excluded through a lateral rotation adjustment which gives the patient in erect posture a wider range of movement with the lower limb in abduction and along the antero-posterior axis. The footboard is provided with a small castor to move the equipment more easily.
Dimensions 120 x 121 x 225 h cm

Standard Configuration

Lower base	1 pc.
Horizontal foot system	2 pcs.
Adjustable bars system	2 pcs.
Movable crossbar for sides	1 pc.
Central column	1 pc.
Pusher assembly	1 pc.
Arm support set	1 pc.
Knee pad set	1 pc.
Harness hooks	2 pcs.
Castors	1 pc.
Restraining strap for torso	1 pc.
Pelvic harness	1 pc.
Adjustable bar	2 pcs.



ACCESSORIES SPECIFIC TO THE STANDING FRAME

AC0119 HAND GRIP SUPPORT

It can be fitted on the standing frame code AC0100.01 to provide further support to the lower limbs when deemed appropriate. The accessory that rotates nearer/farther from the patient is only suitable for tetraplegic patients.

COMMON ACCESSORIES FOR THE R.I.C. MOTOR REHABILITATION STATION

The R.I.C. motor rehabilitation station can be easily integrated with other accessories to widen the range of possible exercises or simplify the therapist's work.

AC0101 ADJUSTABLE BAR

This is a basic element that can be fitted with other accessories to perform various exercises. Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 2 pieces, and 2 pieces are supplied with the standing frame - code AC0100.01.

AC0102 MOVABLE CROSSBAR FOR SIDES

This is a basic element that can be fitted with other accessories to perform various exercises. Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 2 pieces, and 1 piece is included in the standing frame - code AC0100.01.

AC0103 SWIVEL PULLEY

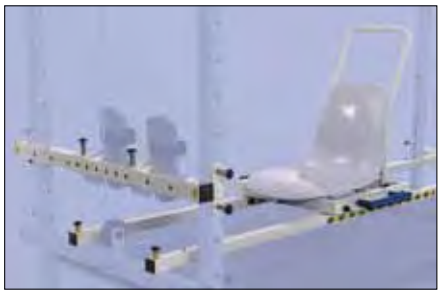
This is a pulley that connects the body region to be treated and the corresponding weight or counterweight by means of a cord. In particular, it allows for creating exercises with personalized work angles by varying its position. As a result, it provides the highest flexibility of application. Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 6 pieces.

AC0111 R.I.C. HANDLE

This can be easily fitted to the frame's basic elements, and it provides a safe hold while performing the exercises.
Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 2 pieces
Can be ordered as a single item.

AC0110 ARTICULATED FOOTPLATE

This articulated footplate provides support/restraint/posture to the feet while exercising with the R.I.C. rehabilitation station. Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 2 pieces. To be ordered as a pair.



AC0106 SLIDE SYSTEM

The slide system consists of a frame with seat, two slide rails and a movable crossbar for the sides (ref. code AC0102). This device makes it possible to perform all those exercises that require a sitting position on a sliding plane.
We recommend using this system together with the articulated footplates, accessory code AC0110.

AC0107 VERTICAL FOOT SYSTEM

This is to exercise with the lower limbs in suspension, with the patient in a clinostatic or seated or semi-seated position. It is fitted to the base frame by means of the upper movable crossbar.
To be ordered as a pair.

AC0112 PEDAL EXERCISER – FOR UPPER BODY

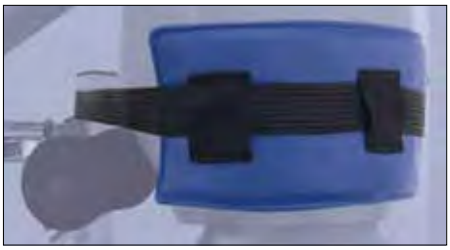
It enables users to exercise the upper limbs from a clinostatic or sitting position. The pedal exerciser must be fitted to the "adjustable bar" (ref. code AC0101), provided this is free (i.e. not engaged in other configurations).

AC0113 PEDAL EXERCISER – FOR LOWER BODY

It enables users to exercise the lower limbs from a clinostatic or sitting position. The accessory can only be used when fitted to another accessory - code AC0112 Pedal exerciser for upper body. It consists of two footplates and an elongated support bar.

AC0114 FOREARM SUPPORT
It consists of a fastening system to the frame and the respective forearm support that helps select the activity.
To be ordered as a pair.

AC0117 SET OF HARNESSES
The standard series consists of the following elements: 2 wrist supports, 2 wristbands,. 2 hand grips, 2 ankle supports. Please note that the standard supply for the basic structure - code RIC 0100.01 - already includes one set. Can be ordered as a set.



AC0120 RESTRAINING STRAP FOR TRUNK
This restrains the patient's trunk when using the standing frame, either sitting or standing.
Please note that the standing frame - code RIC 0100.01 - already includes 1 piece.

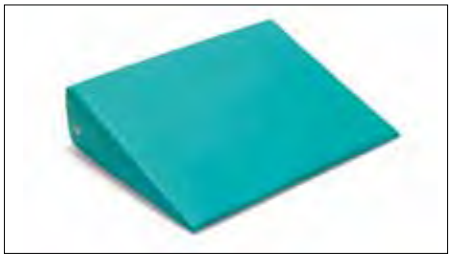
01426 POSTURAL" SET
Series of 5 posture pillows.

AC0121 QUICK RELEASE PIN
It can be used for securing basic elements and/or accessories to the basic frame - code RIC 0100.01, or to the standing frame - code AC 0100.01. Pin length 98 mm. Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 20 pieces, and 14 pieces are supplied with the standing frame - code AC0100.01.

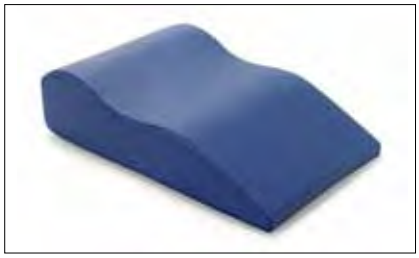
AC0122 RELEASE PIN, FOR CHAINS
Similar characteristics as the accessory code AC0121, but designed for clipping the chains. Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 4 pieces.

07930 PULLEY THERAPY HANDLE
Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 2 pieces
Can be ordered as a single item.

09600 WEDGE PILLOW
Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 2 pieces
25 x 25 x 10 h cm



09620 WEDGE PILLOW
Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 1 piece
60 x 45 x 15 h cm



11250 LEG PILLOW
Shaped pillow. Please note that the standard supply for the basic frame - code RIC 0100.01 - already includes 1 piece
77 x 50 x 20/15 h cm

R.I.C. Method

CONTINUED INTENSIVE MOTOR REHABILITATION

Researched, arranged and developed by Dr C.A. Arcangeli and Dr G. Lazzeri (Istituto Privato di Medicina Fisica e Riabilitazione - Centro Giusti - Florence)

To learn more, please visit www.centrogiusti.it

In order to stimulate the patients as much as possible, the R.I.C. develops fully personalized rehabilitation programs (because each injury is different), that are intensive (about 4/6 hours training every day for 5 days a week) and assisted by skilled therapists that follow each patient individually (1 to 1 basis, and sometimes 2 to 1).

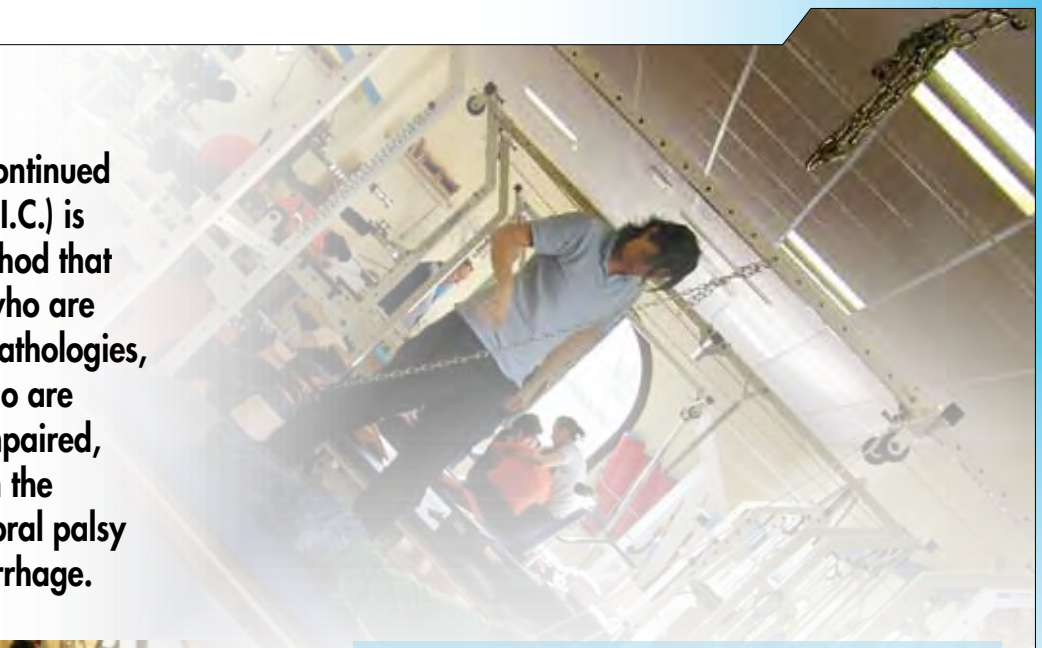
According to the R.I.C. Method, a daily motor rehabilitation session includes:

- Osteoarticular kinesitherapy
- Motor re-education
- Physio-kinesitherapy

Osteoarticular kinesitherapy: articular mobilization and stretching. Stretching (forced passive lengthening of the muscle) helps achieve the maximum muscle response to the strain the patient has to sustain to perform the specific exercises under the method and increase articular ROM.

Motor re-education: it includes the method's specific exercises aimed at reaching various objectives such as: giving the patient the possibility of exploiting their own motor capabilities to the full, thus enhancing their independence in everyday life as well as striving for establishing an initial therapeutic gait and, wherever possible, for performing a functional gait.

Physio-kinesitherapy: it includes massage, electrostimulation, electromassage and magnetotherapy.
Massage is applied to all muscles: on spastic muscles for relaxation purposes and on flaccid muscles for stimulation purposes.



TARGET AUDIENCE: The Continued Intensive Rehabilitation (R.I.C.) is a motor rehabilitation method that targets those individuals who are affected by neurological pathologies, and in particular those who are neurologically or motor impaired, and those who suffer from the outcomes of infantile cerebral palsy (I.C.P.) and cerebral hemorrhage.

IMPORTANT FOR ANYONE CONCERNED:

Several individuals living in various Italian regions have used or are using the R.I.C. method at direct expense of their Local Health Authority with or without legal action.

"...You can say that the services relating to the R.I.C. rehabilitation method fall totally within those specified by the Essential Levels of Care (1) nationally and for the Tuscany Region... and that therefore such services can be considered appropriate. …"
"I also confirm that the Essential Levels of Care only specify the healthcare services on a separate basis and without determining the duration of the care. Therefore, the L.E.A. tables will never specify techniques or methods that cover the set of services that make up a therapy protocol, with particular and specific times and modes of execution that vary depending on the pathology to be treated, as these can only be assessed by each doctor based on their expertise and experience. Excerpt from: Medical-legal considerations - Ruling from the Courts of Florence N. 254 - 16.02.05.

Note (1) - The Essential Levels of Care (Italian: Livelli Essenziali di Assistenza - L.E.A..) are the services and assistance that the National Health Service (Servizio Sanitario Nazionale - S.S.N.) has to provide for the citizens either for free or against a co-payment fee (so-called ticket), using the public funding raised with general taxation.

R.I.C. Method

R.I.C. Exercises: they originate from the global and sequential observation of the key functions performed by a healthy individual, as they go from a lying or sitting position to standing (walking) and return to the starting position. Each movement is analytically subdivided into various exercises; these exercises have been grouped into muscle regions and split into training days.

About 150 exercises have been studied and developed. Each exercise can have several variations and be performed in different postures (lying supine or prone, sitting or upright, etc.), and can be aimed at muscle recuperation/strengthening, coordination, balance or reaching more objectives at the same time.

RESULTS ACHIEVED:

The results achieved are very encouraging and, in summary, we can say that:

- All patients showed a marked improvement in the international assessment scales (A.S.I.A., F.IM., W.I.S.C.I., Ashworth …);
- About 95% of the paraplegics and 65% of the tetraplegics have resumed an initial therapeutic gait with small splints under the knee, tripod canes or walking frames and aided by the therapist.
  For many patients, the resumed gait function can be defined as therapeutic, but, in some cases, it can also become functional when necessary;
- All patients have recovered some independence in movement and personal care by increasing their functional capabilities depending on their impairment;
- Some patients have resumed some motor and sensory activity under the lesion, while others have noticed some urological, intestinal and sexual improvements;
- Most patients are feeling more secure and have greater self-esteem as a result of gaining awareness of and strengthening their motor abilities, so much so that they can resume an acceptable working and social activity;
- All patients have no longer suffered hypokinetic pathologies and the most frequent complications;
- From a psychological point of view, those patients who were de-motivated and depressed have all regained trust in their physical and psychological possibilities by socializing with other patients and appreciating the results achieved; all these patients, stimulated by the R.I.C., have resumed their social and working life outside of the family environment and medical institutions with a marked improvement in the quality of life.

Example 1. Using ankle straps (supplied as standard).

Example 2. Using Alboland restraint straps (supplied as standard).

Example 3. Using R.I.C. handles (supplied as standard).

Example 4. Using the upper body pedal exerciser (AC0112).

Example 5. Using the lower body pedal exerciser (AC0113).

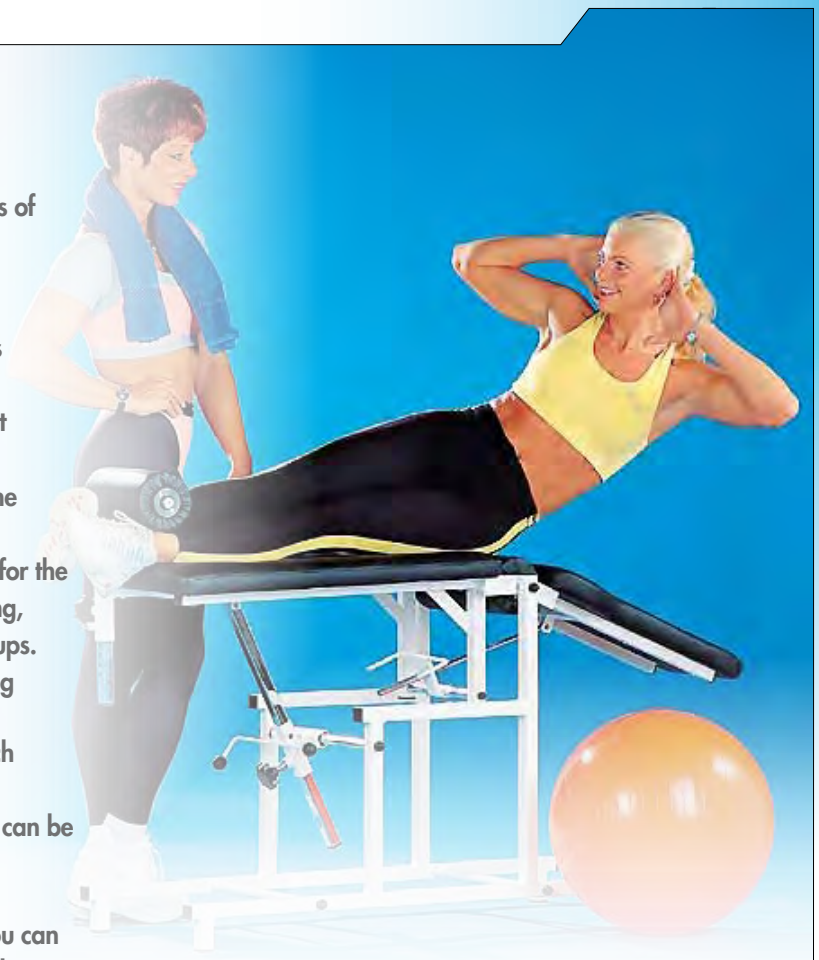
Example 6. Using the vertical foot system (AC0107).

Example 7. Using the slide system (AC0106).

Example 8. Using the R.I.C. bar with hook (supplied as standard).

Example 9. Using the forearm supports (AC0107).

Gymnastic **Therapy**



The joint protection products we offer have the following features:

- Chains guided by toothed wheels. These help in terms of biomechanical optimization and exercise performance enhancement.
- Weight spacer. It prevents the weights from bumping against each other while performing the exercises, thus ensuring a silent training.
- Gas springs. They enable a quick and fast adjustment of the seat height.
- Graduated scale. It helps adjust the machine to suit the user's individual needs.
- Easier access. It makes accessing the machine easier for the user. At the same time, it improves safety during training, as it releases the lever arm for the fatigued muscle groups.
- Safety pin. To limit the range of joint movement during exercise.

The therapist can adjust the machine depending on each patient's individual needs.

- Counterweight. If the lever arm mass is very large, it can be reduced using a counterweight.

The precision of the exercise load is also optimized.

- Ease of use. Already after the first training session you can adjust the machine by yourselves to suit your own needs.
- Convenience. You can adjust the weight stack from sitting.

It is no longer necessary to stand up and leave the machine every time.

- Multiple functions. Each machine has several functions, which allows for exercising more muscle groups with one single machine and saving space in the room.

Important:
For all items, the frame is coated with white epoxy powders and the padding is BLUE

XRA1000
INCLINE BENCH
The incline bench is used to strengthen the trunk.
It is also used to mobilize the spinal column.

XRA2000
THREE-SECTION BENCH
From a medical point of view, the three-section bench offers many possibilities for exercise, especially if combined with an Ercolina pulley system.
It is possible to adjust the bench to suit the user's needs.

XRA02

UPPER BODY BENCH

The upper body bench helps the segmental strengthening of the back and buttocks muscles. It is possible to modify the exercise result by changing the adjustments to the resting surfaces.
With this bench, you can also exercise the lateral muscles of the trunk.

Features:
- Leg section adjustable in height and according to the individual leg length
- Front seat section can be lowered
- Middle seat section is adjustable in height and tilt
- Tilt-adjustable seat
- Foot support
- 2 handles

Dimensions: 60x120x140 h cm
Overall weight 55 kg

XRA12E1

WALL-MOUNTED ERCOLINA

This pulley system has a multiple load reduction system that also allows for the explosive strength training. Along with the double handles fitted as standard, it is possible to use other accessories such as a bench or bar to increase the training options. This equipment has also been designed for use by wheelchair-bound disabled patients.

Features:
- lever arm and F300 lat pulldown bar included
- transmission of forces: 3-level reduction system
- the cord outlet points can be moved along the 3 dimensions
- double handle
- ball-bearing wheels
- weight stack 10x5 + 5x3 = 65 kg
- stainless steel weight guide rod
- stainless steel weight hanging rod
- graduated scale
- magnetized weight pivot
- protecting mesh along the weights slide axis (not pictured)

Dimensions: 30x50x250 h cm
Overall weight 95 kg

Detail of weight section

XRA12F MOVABLE ERCOLINA

To train all muscle groups.
This pulley system has a multiple load reduction system. Along with the double handles fitted as standard, it is possible to use other accessories such as a bench or bar to increase the training options. This equipment has also been designed for use by wheelchair-bound disabled patients.

Features:
- movable frame
- lever arm, F300 lateral pulldown bar and T-handle included
- transmission of forces: 3-level reduction system
- the cord outlet points can be moved along the 3 dimensions
- double handle
- ball-bearing wheels
- weight stack 10 pcs x 8 kg + 5 pcs x 3 kg = 65 kg
- stainless steel weight guide rod
- stainless steel weight hanging rod
- graduated scale
- magnetized weight pivot
- protecting mesh along the weights slide axis

Dimensions: 135x100x230 h cm
Overall weight 130 kg

XRA12G ERCOLINA DUAL PULLEY

Both cable columns are provided with a 65 kg weight stack, one of them has a loading arm and a F300 lateral pull-down bar.
The distance of both cable columns can be adjusted as needed to perform a bi-lateral training of the arms and stabilize the upper body. These cable columns have a multiple load reduction system that also allows for the explosive strength training. Along with the double handles fitted as standard, it is possible to use other accessories such as a bench or bar to increase the training options.
This equipment has also been designed for use by wheelchair-bound disabled patients.

Features:
- lever arm and F300 lateral pull-down bar included
- transmission of forces: 3-level reduction system
- the cord outlet points can be moved along the 3 dimensions
- double handle
- ball-bearing wheels
- weight stack 10x5 + 5x3 = 65 kg
- stainless steel weight guide rod
- stainless steel weight hanging rod
- graduated scale
- magnetized weight pivot
- protecting mesh along the weights slide axis (not pictured)

Dimensions: 250x65x224 h cm
Overall weight 290 kg

XRA16 KNEE EXTENSION/FLEXION MACHINE

The two functions of knee extension and flexion are also possible from a seated position, which ensures great comfort when using the machine. The seat position can be adjusted easily and accurately to suit the user's height. The padded foot restraint can be set to a position of greater or lower resistance, so as to vary the load on the knee joints.

Features:
- 2 functions: knee extension and flexion
- backrest with two adjustments
- adjustable seat, to find the ideal position for the knees with regard to the rotation angle
- the starting position can be adjusted on multiple levels
- adjustable padded leg restraint
- independently adjustable padded foot restraints and foot rests
- possibility of adjusting the weight stack from a sitting position
- safety pin
- weight spacer for silent training
- weight stack: 15 pcs x 8 kg + x 5 kg = 145 kg
- stainless steel weight guide rod
- stainless steel weight hanging rod
- magnetized weight pivot

Dimensions: 98x188x175 h cm
Overall weight 310 kg

XRA07 TRUNK ROTATION MACHINE

Achieving the ideal posture helps the user train the deep muscles in the back, next to the joints. Any non-alignment movements and deforming loads are minimized.
There is no need for a joint reaction to correctly respond to the various loads experienced in everyday life, work and sports.

Features:
- independently adjustable head, shoulder and back supports and hand bar
- the starting position can be adjusted on multiple levels
- adjustable pelvic stabilizers
- seat adjustable both in height and depth
- adjustable foot supports
- weight load can be also adjusted from a sitting position
- weight stack: 15 kg x 5 = 75 kg
- stainless steel weight guide rod
- stainless steel weight hanging rod
- graduated scale
- magnetized weight pivot

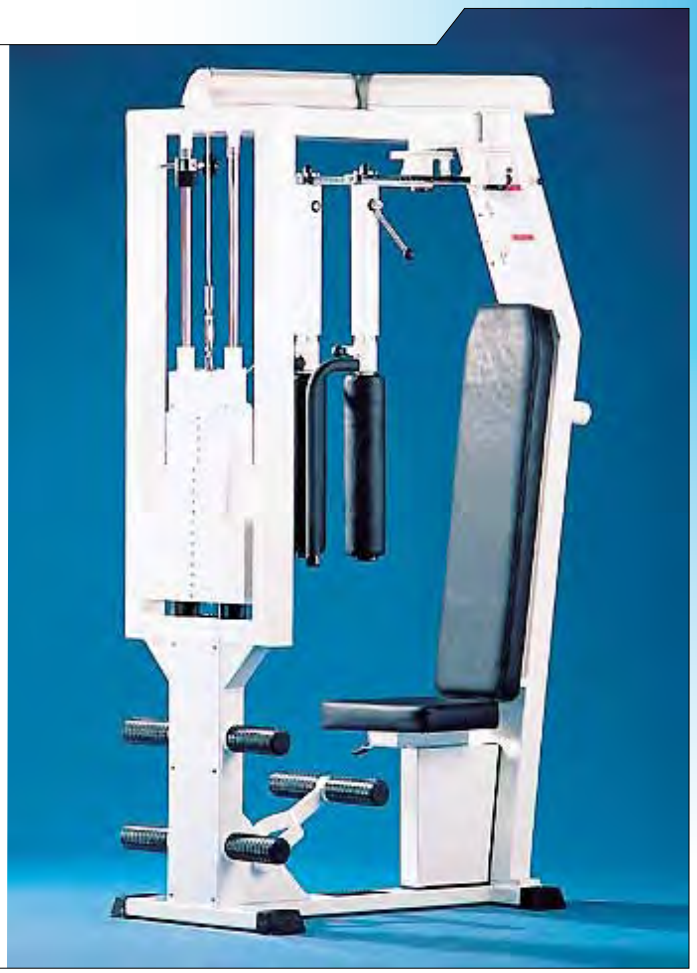
Dimensions: 72x150x210 h cm
Overall weight 240 kg

XRA08 BUTTERFLY/BACK PRESS

You can change from back training to butterfly exercises by simply and quickly changing the lifting bars. The active pelvic stabilization helps improve the quality of your training.
The machine strengthens the posterior muscles of the shoulders, the back muscles, the middle and upper region of the thorax/spinal column and the posterior muscles of the neck.

Features:
- two functions: back and butterfly press
- the seat can be adjusted in height continually by means of gas strut
- adjustable backrest
- the starting position can be adjusted for both exercise bars
- both loading arms can be adjusted in length and grip
- pedal to bring the exercise bars to a comfortable starting position
- it is possible to exercise one arm only or both limbs, as desired
- possibility of adjusting the weight stack from a sitting position
- weight stack: 8 pcs x 8 kg + 5 pcs x 5 kg + 5 pcs x 3 kg = 104 kg
- stainless steel weight guide rod
- stainless steel weight hanging rod
- graduated scale
- magnetized weight pivot

Dimensions: 145x120x211 h cm
Overall weight 300 kg



XRA05 SHOULDER EXERCISER

This machine exercises the muscles on the back, shoulders and arms.

Features:
- 3 functions: Latissimus dorsi muscle, Pull down, Dips
- optimal execution of movement thanks to a precision technology
- pedal to bring the exercise bars to a comfortable position
- adjustable footrest
- tilting backrest
- the seat can be adjusted in height by means of gas strut
- adjustable exercise bars to suit the shoulder width
- length adjustable exercise arms
- silent training thanks to the weights spacer
- safety pin
- weight stack: 10 pcs x 8 kg + 5 pcs x 8 kg + 5 pcs 5 pcs x 3 kg = 120 kg
- stainless steel weight guide rod
- stainless steel weight hanging rod
- graduated scale
- magnetized weight pivot

Dimensions: 140x200x175 h cm
Overall weight 365 kg

XRA06 PRESS

The press exercises the lower limbs in an optimal and complete way.
It allows for a functional use even starting from a 15 kg load.
It is possible to perform co-ordination and stability exercises using a gyroscope (accessory).
It is also possible to exercise the calf.

Features:
- backrest can be adjusted from seated position to lying position
- possibility of exercising the calf
- eccentric element for joint protection
- adjustable headrest and shoulder padding
- easier to get on/off
- gyroscope (accessory)
- silent and wear-resistant linear ball bearings in the slide
- silent training thanks to the weights spacer
- safety pin
- weight stack: 20 pcs x 8 kg = 160 kg
- stainless steel weight guide rod
- stainless steel weight hanging rod
- graduated scale
- magnetized weight pivot

Dimensions: 90x260x175 h cm
Overall weight 540 kg

XRA111 LEG ADDUCTION/ABDUCTION

This multi-function machine exercises both the buttocks and the inner and outer muscles of the thighs. It is possible to put the separate muscle fascias under exertion by adjusting the backrest. An easier access makes it suitable for elderly people.

Features:
- 2 functions: Abduction, Adduction
- adjustable backrest
- adjustable leg rest angle
- adjustable knee and leg padding
- possibility of adjusting the weight stack also from a sitting position
- silent training thanks to the weights spacer
- weight stack: 10 pcs x 8 kg + 8 pcs x 5 kg = 120 kg
- stainless steel weight guide rod
- stainless steel weight hanging rod
- graduated scale
- magnetized weight pivot

Dimensions: 145x140x175 h cm
Overall weight 250 kg

Exercise Bikes

76259 OPAL 200

Training computer:
Chronometer; Training route;
Speed; Pedaling Frequency; Calories Burned;
Pulse Monitor: Hand Pulse Sensors; Max Heart Rate: acoustic warning signal; Resting Heart Rate and Fitness Score; Possibile Presettings;
Permanent Visualization of 6 functions, autom. display change; Display/Workout Chart: LCD display

Technical Data:
Braking system: magnetic;
Propulsion system: transverse ribbed belt;
Flywheel mass: ab. 6 kg;
Tension control : 1-8 (manual);
Power supply: 2 batteries (AA-1.5V);
Dimensions: 90x60x136h cm;
User weight: 110 kg

Accessories included:
Quick seat height adjustment; Easier access;
Tilt adjustable handlebar;
Gravity pedals with foot straps;
Castors; Adjustable stabilizing feet.

79861 PASO 309 R

Training computer:
Chronometer; Training route;
Speed; Pedaling Frequency; Calories Burned;
Time/Date; Pulse Monitor: Hand Pulse Sensors;
Ear Clip; Polar Cardio Pulse (optional);
Max Heart Rate: acoustic warning signal;
Resting Heart Rate and Fitness Score; Possibile Presettings; Permanent Visualization of 6 functions, autom. display change;
Display/Workout Chart: LCD with chart;
Nr. of storable profiles: 4;
Workout programs: 8;
Target zone training (fat/fit/manual);
Heart rate controlled program: 1

Technical Data:
Braking system: magnetic (motorized);
Propulsion system: transverse ribbed belt;
Flywheel mass: ab. 9 kg; Tension control : 1-15 (computerized adjustment);
Power supply: 230 V, 2 batteries (AA-1.5V);
Dimensions: 165x65x101h cm;
Max user weight: 130 kg

Accessories included:
Quick seat height adjustment;
Seat horizontal adjustment;
Low access; Gravity pedals with foot straps;
Castors;
Adjustable stabilizing feet.

79608 POLO M

The new shiny finish black with pale grey elements and the large LCD display on the cockpit give the POLO M a particularly modern and sporty look.
The low access, detachable hand pulse sensors and 7 kg centrifugal mass make it possible for people of all ages to perform a regular resistance workout aimed at improve their health.

Training computer:
Large LCD display;
Possibile Settings; Permanent visualization of 2 functions; possibility of on-screen recall of 6 functions; Resting Heart Rate and Fitness Score, and Memory Function.

Technical Data:
Centrifugal mass: ab. 7 kg; Gear ratio: 1:8;
Power supply: batteries;
Max user weight: 130 kg;
Dimensions: 105x53x128 h cm
Magnetic Braking system;
DIN Class EN 957-1/5, HB

08310 GYM PEDAL EXERCISER

37 x 40 x 30 h cm

Exercise Bikes

76616 GOLF M

The latest generation of the well-known exercise bikes is launched with a new design.
Under their body, the models from the GOLF range have a braking system that is unrelated to the number of revolutions with servo-adjusted braking force.
The exercise computer with 2 stored profiles, permanent visualization and Last Memory data ensure an optimal training.
This classic equipment is completed by a particularly wide and low access, and the gravity pedals have straps provided with quick clip fastening.

Training computer:
LCD display; Possibile Settings;
Permanent Visualization of 10 Functions; 2 Storable Profiles; Loading Memory Indicator;
Resting Heart Rate and Fitness Score

Technical Data:
Centrifugal mass: ab. 7 kg;
Gear ratio: 1:8;
Power supply: with batteries;
Max load: 150 kg;
Dimensions: 110x53x135 h cm
Magnetic Braking system;
DIN Class EN 957-1/5, HB

76630 GOLF P

The new GOLF has a computer-guided braking system and twin sports display with illuminated background. The motor-guided magnetic braking system adjusts the braking resistance to 15 levels.
Exercise with 8 workout programs, including the heart rate controlled training and the settings of the pulse range for fitness or fat-burning workouts. A particularly wide and low access, the 2-position ergonomic seat, the detachable hand pulse sensors, the three-dimensional Flexform handlebars and the tilting cockpit allow for an optimal workout for all ages!

Training computer:
Double display with blue illuminated background;
Possibile Settings; Permanent Visualization of 8 functions; 8 programs including a heart rate controlled program; 6 Freely Adjustable Profiles;
Resting Heart Rate and Fitness Score

Technical Data:
Centrifugal mass: ab. 9 kg;
Gear ratio: 1:8;
Power supply: power network;
Max load: 150 kg;
Dimensions: 110x53x135 h cm
Magnetic Braking system;
DIN Class EN 957-1/5, HB

76636 GOLF P ECO

The motor-adjusted magnetic braking system, the computer with Heart-Rate-Light and a generator make this machine completely independent from power supply.
Exercise with 8 workout programs, including the heart rate controlled workout and the settings of the pulse range for fitness or fat-burning workouts.
A particularly wide and low access, the 2-zone ergonomic seat, the detachable hand pulse sensors, the three-dimensional Flexform handlebars and the cockpit, along with the gravity pedals with straps, are the accessories that distinguish this outstanding exercise bike.

Training computer:
Double display with HeartRateLight;
Possibile Settings; Permanent Visualization of 8 functions; 8 programs including a heart rate controlled program; 6 Freely Adjustable Profiles;
Resting Heart Rate and Fitness Score

Technical Data:
Centrifugal mass: ab. 9 kg;
Gear ratio: 1:8;
Power supply: internal generator;
Max load: 150 kg;
Dimensions: 110x53x135 h cm
Magnetic Braking system;
DIN Class EN 957-1/5, HB

76800
ERGO EX3

This compact ergometer EX 3 stands out for its functionality and the Kettler quality technology. The accurate adjustment of the performance improvement is recorded by an individual control report. Its induction braking system works independently from the number of revolutions. An effective workout is guaranteed by the heart rate controlled training program and by the Watt-related manual load adjustment.

Training computer:
LCD display; 2 Programs;
Cardio zones for burned calories and fitness workout; HRC Program;
Manual load adjustment

Technical Data:
Centrifugal mass: ab. 8 kg;
Gear ratio: 1:8;
Resistance range: 25-400 W;
Maximum weight load: 130 kg;
Dimensions: 105x53x128 h cm
Induction braking system;
TÜV GS RS 232-PC Interface;
DIN Class EN 957-1/5, HA

76830
ERGO X3

Do you want to lose weight or mainly work out your cardiocirculatory system? The pulse range can be set according to the desired training objectives and one's performance level. Our 8 Watt or heart rate controlled programs offer a comprehensive and varied training. Easy-to-read backlit display. The integrated PC interface allows for connecting to the TOUR CONCEPT 1.0 workout software program.

Training computer:
LCD display with illuminated background;
Resistance diagram; 8 Programs;
Cardio zones for burned calories and fitness workout; Manual load adjustment

Technical Data:
Centrifugal mass: ab. 8 kg;
Gear ratio: 1:8;
Resistance range: 25-400 W;
Maximum weight load: 130 kg;
Dimensions: 100x53x128 h cm
Induction braking system; USB; e-SYS;
DIN Class EN 957-1/5, HA

76850
ERGO X5

Improve your resistance, reduce your body fat - in short, live a healthy life thanks to a series of workout programs specifically designed by sports physicians and guided by Watt or pulse. The computer has an easy-to-read backlit display, the stable frame has a low access point, the gel seat can be adjusted horizontally and vertically and the various grips on the handlebar make the X5 model a particularly comfortable ergometer.

Training computer:
LCD display with illuminated background;
Resistance diagram; 8 Programs;
Cardio zones for burned calories and fitness workout; Manual load adjustment

Technical Data:
Centrifugal mass: ab. 10 kg;
Gear ratio: 1:8;
Resistance range: 25-400 W;
Maximum weight load: 150 kg;
Dimensions: 115x53x130 h cm
Induction braking system; USB; e-SYS;
DIN Class EN 957-1/5, HA

76870
ERGO X7

Meet your highest expectations with the top-of-the-range X7 ergometer! Check out your training program thanks to the EASY-COM menu guide with VG-LCE modern electronic visualization and USB interface. With several training profiles to set and modify and the adjustable multiple-position handlebar, the X7 ergometer is the ideal solution for particularly demanding families, as it provides the option of storing 4 profiles.

Training computer:
VGA-/LCD-Kombi backlit display; 48 Programs;
5 Heart rate controlled workout programs;
Cardio zones for burned calories and fitness workout;
can store up to 4 individual profiles

Technical Data:
Centrifugal mass: ab. 10 kg; Gear ratio: 1:8;
Resistance range: 25-400 W; Maximum weight load: 150 kg;
Dimensions: 115x53x133 h cm; Induction braking system;
USB-PC Interface; e-SYS; DIN Class EN 957-1/5, HA

76860
ERGO RX7

Come and have a seat! Thanks to its very comfortable seat and its particularly high backrest, the all-round comfort RX 7 ergometer stretches the spinal column in an ideal way during exercise. The cockpit arrangement provided with grips and the quick adjustment device for the seating position make it possible to preserve an ergonomic position during exercise and to get on or off the machine in total safety.
The modern electronic components have a menu guide that is easy to understand and read as far as all the exercise data are concerned.

Training computer:
VGA-/LCD-Kombi backlit display; 48 Programs;
5 Heart rate controlled workout programs;
Cardio zones for burned calories and fitness workout;
can store up to 4 individual profiles

Technical Data:
Centrifugal mass: ab. 10 kg; Gear ratio: 1:8;
Resistance range: 25-400 W; Maximum weight load: 150 kg;
Dimensions: 150x61x105 h cm; Induction braking system;
USB-PC Interface; e-SYS; DIN Class EN 957-1/5, HA

Rowing Machines ~ Steppers

79856 COACH LS

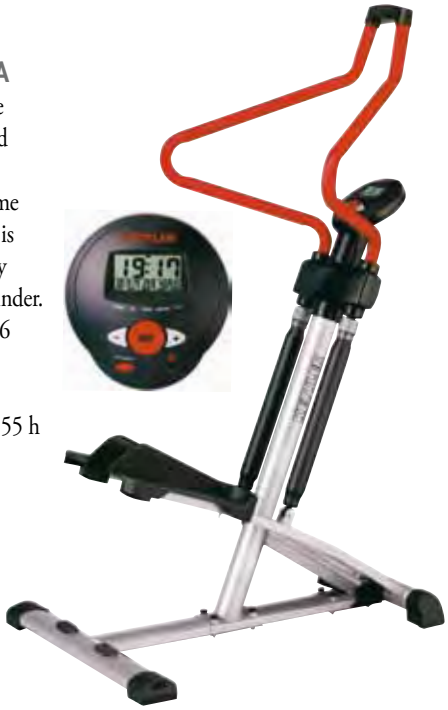
This rowing machine allows a circular rowing motion that comes remarkably close to real rowing in the water.
Adjustable resistance and footrests, folding bars.
Maximum load 130 kg
Dimensions 124x78x26 h cm

79779 KADETT

This rowing machine features a manual load adjustment, magnetic braking system and training computer.
The thoracic strap is part of the supply and is a cordless heart rate monitor.
Maximum load 130 kg
Dimensions 180x55x59 h cm

78770 MONTANA

This stepper exercises the cardiovascular system and strengthens the leg and gluteal muscles at the same time. Training resistance is individually adjustable by means of a hydraulic cylinder.
Training computer with 6 functions and settings.
Maximum load: kg 110.
Dimensions: 95 x 80 x 155 h



78730 MINI-STEPPER

Stepper for cardio fitness training. Ideal for the leg and gluteal muscles. Complete with computer.

79370 CARDIO-PULS-SET

Measures the heart rate on all the bikes provided with the relevant function devices. Data are measured directly in the chest area and transmitted (without the use of cables) to your device's computer.

Rubber mat to protect the floor and reduce noise while the gym machines are in use.

79291 MAT 100x75 cm
79292 MAT 140x80 cm
79293 MAT 250x70 cm
79294 MAT 220x110 cm

Proprioception

The use of balance boards enables body control, helps recover muscle, nerve and joint functions after a trauma, improving functional rehabilitation.
It is also recommended for the elderly, who are more prone to losing balance due to muscular deficiencies, or falling.
A specific training helps improve reaction times.
Proprioceptive exercise is ideal as a basic training for all sports.

02660 ARTI-AX

This tool is suitable for proprioceptive stimulation and multi-axial balance training. The tilting and rotation devices can be activated separately.
Dimensions 70 x 45 x 17 h cm

01403 BALANCE

This product is ideal for improving balance through specific exercises and is an excellent stretching tool. The elasticity and rigidity can be increased or decreased by using the inner chamber according to the exercises to perform.
Dimensions: ø 45x24 h cm - 4.8 kg

02600 BASIC BOARD
Painted wooden rocker board.
Ideal in the early stage of therapy.
Dimensions: 50 x 40 x 7 h cm

02610 ROCKER BOARD
Padded top, synthetic leather covering.
Dimensions: 70 x 40 x 13 h cm

02620 BALANCING BOARD BOBATH G
Padded top, synthetic leather covering.
Dimensions: 80 Ø x 14 h cm

02650 BALANCING BOARD BOBATH P
Padded top, synthetic leather covering.
Dimensions: 50 Ø x 10 h cm

02630 ROCKER PLATFORM
Padded top, synthetic leather covering.
Dimensions: 175 x 75 x 15 h cm

07755 BALANCE BOARD
For foot prono-supination exercises.
Resistance to medial and lateral pressure is applied by the spring.
Dimensions: 34 x 17 x 8 h cm

07735 ACCELERATOR
For ankle and foot exercises.
Resistance to medial and lateral pressure is applied by the spring.
Dimensions: 34 x 17 x 18 h cm

Proprioception

01842 PEDOBALL

This small wobble board with a hemispheric bottom allows patients to perform various exercises both sitting and standing; it stimulates balance, stability on one leg and motor coordination. 5 balls are supplied as standard to gradually increase the level of difficulty of the exercises. Dimensions: 47 x 27 cm

01843 THERAPY LOW

Wooden wobble board, covered in non-slip rubber.
Dimensions: Ø 49 x 9 h cm

01844 THERAPY TOP

Therapeutic wobble board, ideal for exercising balance, coordination and responsiveness. The surface is structured in such a way as to provide further sensory stimulation.

01845 BALANCE

Therapeutic wobble board developed by Prof. Bielefeld at the University of Flensburg to exercise coordination and stability of movement, balance, psychomotor skills, concentration and responsiveness in a varied and effective way. Supplied with interchangeable exercise programs and two pairs of hand straps.
Dimensions. 54 x 40 x 10 h cm

01847 GYM TOP

Professional therapeutic program, designed to treat coordination, balance and muscle function disorders. The 13 exercises and 2 games suggested by the software allow a choice of different levels of difficulty and duration times, and are based on a new concept of psychomotor training. To exercise properly, the user must generate position changes on the balance board actively and consciously rather than merely react to them. This greatly improves the quality of the therapy as the tactile, optical and acoustic analyzers are stimulated along with the main proprioceptors. The main data related to quality and quantity of the exercises can be measured, visualized, saved and analyzed statistically, which makes this an ideal tool for therapists for use in sports and at school, in physiotherapy and rehabilitation, ergotherapy, orthopedics, neurology and psychosomatics. It is also possible to exercise the hand, using a mouse or a joystick instead of the balance board.
Simple to install and connect to the PC through USB port.
40 x 10 h cm

01846 WIPPRACER

Keep your balance on the rocker board while shifting your weight to drive your car in the traffic of this amusing game! The Wipracer is an innovative tool, based on a new concept of psychomotor training: through play, patients will become strongly motivated to exercise. To continue the program, the user must generate position changes on the board actively and consciously rather than merely react to them.
10 types of programs, each one with different levels of difficulty, duration and sensitivity, ensure variety of exercise and increasing engagement, and stimulate both the main motor proprioceptors and the tactile, optical and acoustic analyzers. It is also possible to exercise the hand, using a mouse or a joystick instead of the balance board. This aid is perfect for use in sports and at school, in physiotherapy, ergotherapy, orthopedics and rehabilitation, as well as for leisure activities.
Simple to install and connect to a PC through USB port.
Dimensions: 52 x 13 x 10 h

GYM TOP PROGRAMS

REP BAND AND REP CORD

Elastic therapy bands and tubes for rehabilitation exercises, latex and odor free. Five resistance levels marked by different colors. Available in two sizes (see table).

REP BAND

ITEM NO.	COLOR	LEVEL	LENGTH
31010	peach	1	5.5 m
31100			45.7 m
31020	orange	2	5.5 m
31110			45.7 m
31030	green	3	5.5 m
31120			45.7 m
31040	blue	4	5.5 m
31130			45.7 m
31050	purple	5	5.5 m
31140			45.7 m

REP CORD

ITEM NO.	COLOR	LEVEL	LENGTH
31200	peach	1	7.6 m
31280			30.5 m
31210	orange	2	7.6 m
31290			30.5 m
31220	green	3	7.6 m
31300			30.5 m
31230	blue	4	7.6 m
31310			30.5 m
31240	purple	5	7.6 m
31320			30.5 m

KIT REP BAND

Kit containing 3 Rep Bands x 1.4 m each with increasing resistance, to perform progressively harder exercises.

31060 REP BAND KIT - EASY LEVEL Levels 1, 2, 3
31070 REP BAND KIT - MEDIUM LEVEL Levels 2, 3 ,4
31080 REP BAND KIT - HARD LEVEL Levels 3, 4, 5

31550
REP BAND DISPENSER
(container only)

REP PUTTY

An anti-microbial, non-toxic, non oily and no odor putty for hand rehabilitation. Available in five different color-coded strengths (see table).

REP PUTTY

ITEM NO.	COLOR	LEVEL
31430	peach	extra soft
31440	orange	soft
31450	green	medium
31460	blue	firm
31470	purple	extra firm

EGGSERCIZER

Ergonomic rehabilitator for hands, wrists and fingers. Available in three different color-coded strengths (see table).

EGGSERCIZER

ITEM NO.	COLOR	LEVEL
31501	orange	soft
31511	green	medium
31520	blue	firm
31521	purple	extra firm

02750
FOAM RUBBER BALLS
Foam balls, 3 pcs per pack, ø 7 cm

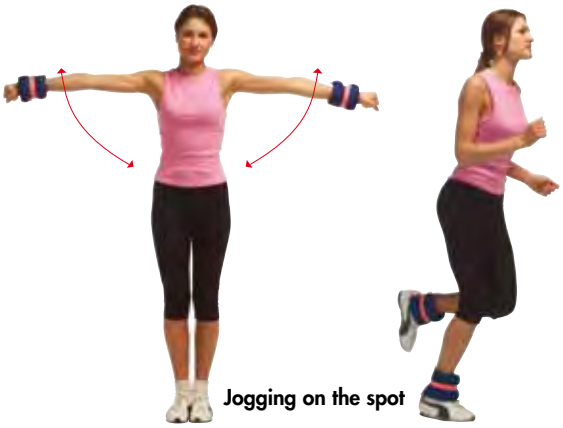
Used for a few minutes every day, the wrist and ankle weights keep the arms and legs toned. Wear them before starting your usual exercise or while doing your domestic chores: they will help you find your best shape again. Each exercise has to be repeated several times and gradually increased over time.

ANKLE/WRIST WEIGHT

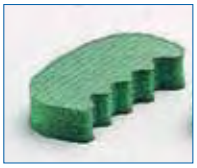
02535 0,5 kg
02545 1 kg
02555 1,5 kg
02565 2 kg
02566 2,5 kg
02567 3 kg

07480
ELASTIC WRIST WEIGHTS
Contains 2 items
0,5 kg x 2

07492
SOFT ANKLE/WRIST WEIGHTS
Contains 2 items
1,5 kg x 2



Jogging on the spot



07160
RUBBER HAND EXERCISER

07170
HAND GRIP

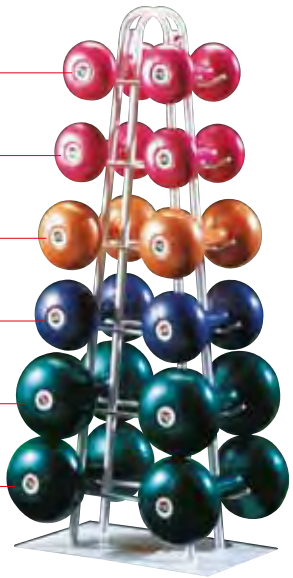
07200
SPIRAL DUMB-BELL

07230
SPRING DUMB-BELL

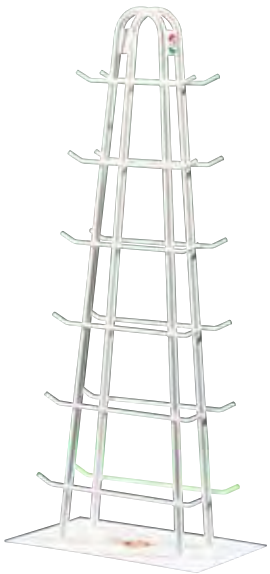
07240 5-SPRING STRETCHER

DUMB-BELLS **(only in grey)**

05831 0,5 kg
05832 1 kg
05833 2 kg
05834 3 kg
05835 4 kg
05836 5 kg



05830 DUMB-BELL RACK
Painted hollow steel.



01869

LEONARDO MODULAR BOARD

This aid can be used in a rehabilitation program to gradually restore proprioception through various exercises.
The board can be attached to hinges, half-spheres or spherical fittings through a series of holes and magnetized pins, which makes it possible to use it for a variety of exercises.

EXAMPLES OF APPLICATIONS

HINGES

IThis exercise requires that the various hinge tilts (pivoted with only one pin connected to the centre of the board) are recognized, while moving the ankle along the antero-posterior axis. Fitting pressure springs on the underside of the board will reduce the level of difficulty of the task.

The board highlights any asymmetries in the load distribution within the support base. The patient is assisted in gathering the information necessary to gain awareness and modify posture.

LASER

The laser connected to the board amplifies the ankle movements providing a visual feedback. By using the hinges, you only work on one rotation axis while the half-spheres allow you to move in a circle.

By changing the hinge position (pivoted with only one pin at the back) the action affects the centre-lateral direction, thus conditioning the weight transfer to the inner or outer part through continual balancing. The metal pointer extends the hinge and highlights its direction.

SUPPORTING SPHERES

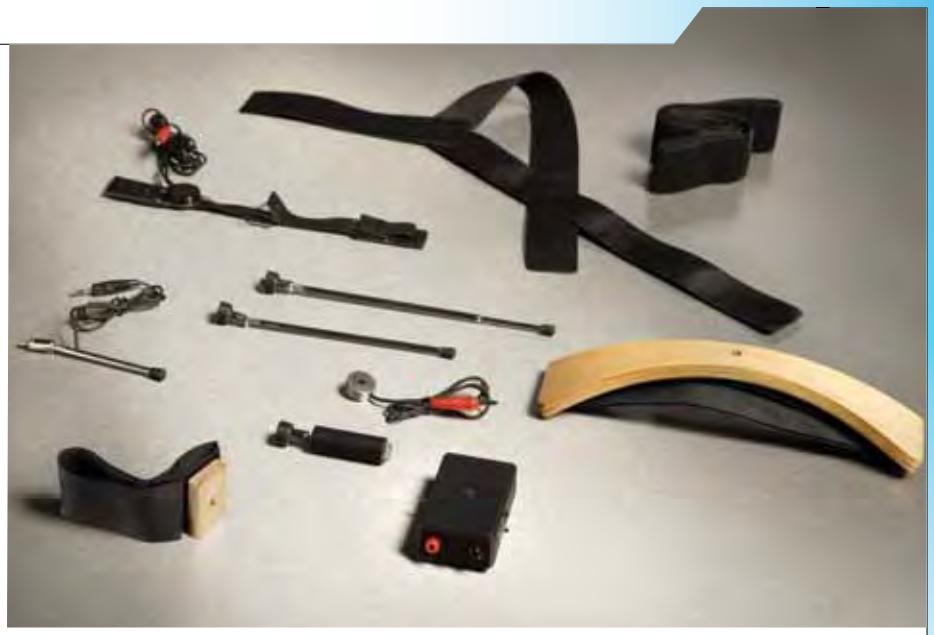
The magnetized spheres located under the board reduce a great deal of friction, making it easier for the patient to selectively recruit the muscles engaged.
This makes it particularly useful in the first stages of recovery.

This is a useful exercise for teaching suitable techniques to go from a sitting position to standing. The patient learns not to lean on a fixed support, but is asked to reach various positions using the board while keeping the laser spot on the identified target, returning the trunk to a correct strategy.

01870

LEONARDO POSITIONAL FEEDBACK

These positional feedback systems are especially useful as assessment and rehabilitation tools. They allow to monitor and amplify movements (of the head, trunk, pelvis and knee) in order to provide a quick assessment of asymmetries, compensations and changes in patient performance.
Once the problem has been identified, it is possible to target the action on the chosen body segment, guiding the patient towards the acquisition of new strategies.



EXAMPLES OF APPLICATIONS

ANTENNAS – LASER POINTER

The antenna and laser pointer make it possible to visualize the pelvis and trunk behavior on various planes, and to design position recognition exercises within tasks involving transfers of loads. The laser pointer can be used on head, trunk, pelvis and limbs thanks to its elastic Velcro fastenings.

INCLINOMETER

This provides accurate information about exceeding the pre-defined angle. You can vary the difficulty of the task and reduce or increase the desired range of movement by changing the instrument tilt. In this case, the patient is asked not to increase their dorsal kyphosis so as not to activate the acoustic feedback.

By positioning the inclinometer on the pelvis as shown, we can check for any undesired movements such as lifting the right hemipelvis or Trendelemburg positions on the left. It is useful for checking any possible compensation or lack of stabilization in the trunk during the muscle strengthening exercises, which makes the exercises more accurate and more effective as a result.

PROTRACTOR

This aid helps control the relative movement between two segments. In this case also, it is very easy to set the articular level beyond which an acoustic signal is activated to indicate either an error (negative FB) or the successful completion of the task (positive FB).

In the proposed exercise, the aid warns about any undesired hyper-extension, or the patient can be asked to complete the extension.
By fitting the protractor on the ankles using the special supports, we have an efficient tool for working on the length and symmetry of the steps.

If the scapulothoracic joint is not secured during the arm abduction, this triggers the protractor by activating **vibration feedback** located on the muscle to be recruited. The device can be used both with the protractor and the inclinometer.

01891 LEONARDO COMPLETE

This kit includes the same accessories found in the Leonardo Modular Board and Positional Feedback systems, plus another series of valuable aids for the rehabilitation process in orthopedic and neurological pathologies that help design specific exercise program for the patient's pathology.
The kit has been designed to control movement and plan therapy exercises, and provides an immediate answer to the various therapeutic needs of the daily gym exercise.
Thanks to its modular structure, it allows to create numerous therapeutic aids, significantly reducing the quantity of tools required.
This ensures an opportunity for professional intervention even at the patient's home.
The special connecting systems supplied make it possible to easily set up the various therapeutic aids.

EXAMPLES OF APPLICATIONS

These aids help design tasks aimed at developing the kinematic recognition by the various body regions.
In this case, the patient is guided towards recognizing the prono-supination positions for the forearm.

The fingers are required to perform a "counterbalancing " action while the hand rests on the oscillating board.
The holes in the aids help identify suitable heights and lever arms; extending the aid allows for combining kinesthetic recognition tasks.

The patient is asked to reach various degrees of pelvis tilt, while trying to stabilize the trunk on the frontal plane through the inclinometer.

Counterbalancing tasks can also be performed using the supports that can be fitted to the aids.
Depending on their muscular capabilities, the patient is asked to press on the board to recognize the amount of load placed at the opposite end.

This aid covers a series of simple activities having the purpose of carrying out tasks that involve following trajectories laid by modeling the copper wire as required each time. Any possible inaccuracies in performing the task are highlighted by the feedback mechanism.

The patient lies on two oscillating boards and is asked to reach various degrees of pelvis tilt while keeping the board under the shoulder joint stable.
If the trunk is not segmented, the feedback system is activated.

Arm abduction, with the hand resting on the board fitted on magnetized balls. The thorax indicator linked to the feedback system, suitably set to the ideal range, warns about the lack of segmentation between upper limb and trunk.

The patient is asked to rotate their head without involving the trunk. Shifting the antenna and subsequently coming in contact with the aid closes the circuit and activates the indicator. This aid is also useful for quantifying movements and possible asymmetries.

When static and with the segments aligned, the fixed antenna can reproduce the behavior of the centre of gravity. The patient's oscillations, and their centre of gravity as a result, are described graphically by the tip of the antenna.

The patient is asked to release the limb, flexing the left knee until activating the protractor during the lift. The laser fitted at the side of the pelvic monitor describes the pelvis behavior on the frontal plane.
This way it is possible to quantify the degree of elevation or Trendelemburg.

The patient can be helped to complete the ankle dorsiflexion during the whole loading phase, and asked to wait for the sound activated by the protractor before lifting the heel.

The patient is required to lower the board to recognize the various heights, while not pulling back the tibia in order not to activate the inclinometer.
The result is the voluntary muscle lengthening of the plantar flexors.

01084
MULTIFUNCTION TABLE

This multifunction table was conceived designed to be used in combination with a gym workout, along with the **Leonardo** kit.
The system offers the chance to lay the therapist's case at a comfortable height, on a desktop provided with braked swiveling wheels.
Exercises can be performed with the highest degree of flexibility thanks to two horizontal tops that can independently slide along two vertical steel tubes.
A simple and quick fastening system has been designed to reach the various workstations.
The table is fitted with a comfortable and safe, height-adjustable handrest for the patient, left or right side.

CHINESPORT Cultura Libreria & Videoteca

01294.DVD VIDEO LEONARDO
This videotape contains demo instructions for using the Leonardo modular kit.
Italian Edition

01314 LEONARDO GUIDE
Leonardo guide. Italian manual containing a sequence of exercises, showing the many possibilities for using the system.
Italian Edition

Biofeedback

A goniometric biofeedback device is a tool that can have several interesting applications in the rehabilitation field. Though it does not replace any technique, it can integrate and facilitate the rehabilitation therapist's work, as well as help the patient in some situations and in particular clinical stages.

When the patient has familiarized with the tool and the required task, this tool can be used at home without the therapist's supervision.

06856

GONIOMETRIC BIOFEEDBACK

A goniometric *biofeedback device* is a signal transducer for joint angles during voluntary movement and *range* of motion adjustment. It can replace the *electromyographic biofeedback*, when it is impossible or hard to monitor or isolate a muscle.
The international literature has shown studies on the effectiveness of the goniometric *biofeedback* in controlling the knee hyperextension of hemiplegic patients, in postural head control training and joint recovery of the elbow (fig. 1), wrist (fig. 2), foot (fig. 3) and knee (fig. 4).
The device is lightweight (500 kg), easy-to-use, does not require a potentiometer or electric box.
It comprises two plastic (*Plexiglas*), mutually linked, revolving arms.
One arm has a magnet, the other has a handle with a magnetic detector that can trigger a sound alarm. The angle position to be detected by an acoustic signal is determined by the handle, by means of the magnetic detector. This is always activated when it overlaps the magnet on the other arm.
The goniometric device's arms are mounted on the body segments with elastic Velcro straps, and they must be placed sideways to the mechanical axes of these segments. The device rotation centre matches the joint rotation centre.

1

2

3

4

07000 HORIZONTAL SPIRAL

Horizontal spiral for prone-supine positioning of forearm and hand.
Dimensions: 40 x 18 x 30 h cm

07010 VERTICAL SPIRAL

Vertical spiral for prone-supine positioning and rotation of arm and hand.
Dimensions: 40 x 20 x 30 h cm

07030 WORM SCREW

Worm screw for hand rotation.
Dimensions: 40 x 20 x 20 h cm

07080 PRONO-SUPINATION

Hand and forearm prone-supine positioning equipment.
Dimensions: 40 x 20 x 20 h cm

07060 FLESSO-EXTENSION

Finger flexo-extension equipment. Tilt-adjustable forearm support. Exercises can be performed with the forearm in either a prone or supine position.
Dimensions: 40 x 20 x 20 h cm

08258 THERAPY CUBE

Plexiglas cube for wrist and finger rehabilitation. The exercise consists in screwing and unscrewing the bolts in and out the cube holes.

07070 LADDER

With two sides for two different difficulty-level exercises.
Dimensions: 20 x 20 x 35 h cm

07350 ERGOTHERAPY BOARD

Laminated plastic panel with 12 implements for upper limb exercise. The exercises follow the movement patterns of everyday activities.

47020 CUBELAND 1

16 dice set for compositions. Supplied with two guidebooks.

47030 CUBELAND 2

27 wooden and colored dice for tridimensional compositions.
Supplied with 47 guide cards.

47090 EIGHT-SHAPED CAT

Eight-shaped cat. Wooden table game with compulsory track grooves to improve eye movement coordination.

47120 TAST-MEMORY

This game helps to develop memory and sensory skills.

47110 MEMORY

Game for motor and cognitive skills.

47060 NEUROTEST

This game uses aluminum to improve tactile sensitivity . Innovative material for its high heat conductivity.

47050 ABILITY

This game consists of aluminum pieces and a board with a set of holes in parallel rows and demands concentration, fine motor skills and tactile sensitivity.

01052 ERGO SET 1

Basic home ergotherapy session kit supplied with a small hard case for transport.
The case contains: 1 Hanoi tower (*suitable for therapies concerning concentration, motorial sensation and cognitive exercises, also used in neuropsychological tests*); 1 aluminium solitaire (*motorial sensation*); 1 wooden solitaire and glass marbles; wooden Tic Tac Toe; 1 tactile memory game (*20 pieces*); 1 wooden "Connect Four"; 1 Easy Tip game (*motorial sensation, eye-hand coordination, color and shape recognition, concentration, patience and dexterity development*); 2 ball shapes; 1 shaped ring; 1 juggler sheet; 3 120 cm elastic bands and 3 sensory bags.
Dimensions: 40 x 30 x 32 h cm

Occupational **Tables**

Occupational tables with a variety of adjustment options to suit all users.
Painted steel frame, with a wooden work top that can be gradually tilted up to 45° or 90° to the front.
Gas spring or manual height adjustment.

08461 FUNCTIONAL TABLE

Tilt-top table with a maximum 45° tilt.
Gas spring height adjustment.
Dimensions: 90 x 70 x 68÷92 h cm

08462 FUNCTIONAL TABLE DF

Split-top table: left section tilts up to 45°, right section is fixed.
Gas spring height adjustment.
Dimensions: 60+30 x 70 x 68÷92 h cm

08464 FUNCTIONAL TABLE F

Middle section tilts up to 45°, two side sections are fixed.
Gas spring height adjustment.
Dimensions: 20+50+20 x 70 x 68÷92 h cm

08463 FUNCTIONAL TABLE SF

Same as item code 08462, but with **tops inverted** (left section is fixed, right section is tiltable). (**not pictured**)
Dimensions: 30+60 x 70 x 68÷92 h cm

ANCHORS
facilitated unaided movement

The Rifton anchors are versatile, portable and durable, and can be placed on flat, smooth and clean surfaces.
Increasing the hand and arm stability benefits the control over head and trunk.

01608 HAND ANCHOR

This ergonomic anchor can be applied to any smooth surface to achieve greater stability and safely position the hand.

01609 WRIST ANCHOR

This is provided with a resting pillow and Velcro wristband to ensure the hand is positioned in total safety.

08476 FUNCTIONAL TABLE RF

Fixed table top. Gas spring height adjustment.
Dimensions: 120 x 90 x 68÷92 h cm

08478 ERGO TABLE FT

Table top with a maximum 90° tilt.
Manual height adjustment
Dimensions: 140 x 80 x 70 ÷ 120 h cm

08475 FUNCTIONAL TABLE Q

Fixed top and middle cut-out.
Gas spring height adjustment.
Dimensions: 120 x 90 x 68÷92 h cm

08477 FUNCTIONAL TABLE FI

Two-section top.
One section is fixed and has a cut-out,
while the other can be tilted.
Gas spring height adjustment.
Dimensions: 90x 90 x 68÷92 h cm

08480 ERGO TABLE MC

Ergonomic table, two-section top.
The monitor shelf can be tilted from 0° to – 25°,
while the other section is fixed.
Gas spring height adjustment.
Dimensions: 120 x 60+40 x 72÷120 h cm